

Breastfeeding Support Circle

- Family members (father of child or significant other, mom, sister, cousin)
- Trusted friends
- WIC Breastfeeding Peer Counselor
- Lactation Specialist—WIC or hospital
- OBGYN, Pediatrician
- WIC circle of friends support group
- Other community support groups

Lose Your Baby Weight



Continue Breastfeeding



Hydrate



Get Moving



Eat Healthy



Track your progress

Resources

DHEC

www.scdhec.gov/wic

USDA Breastfeeding Support

wicbreastfeeding.fns.usda.gov

LeLeche League

www.llalliance.org/southcarolina

MyPlate

www.choosemyplate.gov/moms-breastfeeding-nutritional-needs

SC Breastfeeding Laws

www.scstatehouse.gov/code/t63c005.php

SC Breastfeeding Coalition

www.facebook.com/SCBreastfeedingCoalition

www.scbreastfeeds.org/

SC WIC—Substance Abuse: Risks to you and your family handout

www.scdhec.gov/sites/default/files/Library/ML-009084.pdf



Women, Infants & Children
SOUTH CAROLINA



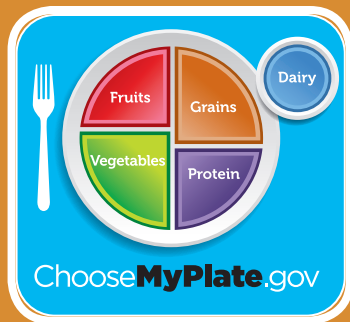
Healthy People. Healthy Communities.

Healthy Breastfeeding

Tips for Nursing Moms



A guide to help you make healthy choices during your breastfeeding journey



MyPlate for Moms

Breastfeeding causes your body to have higher demands for certain vitamins and minerals, such as vitamin D, calcium, and iron. It is important to eat a balanced diet from all food groups. Following the MyPlate Plan will help you achieve a healthy eating plan while you are feeding your baby.

Helpful Hints

- Learn a latch that works for you and baby
- Pay attention to early hunger signs
- Make breastfeeding a pleasure, not a chore
- Ask questions
- Find a support team
- Continue to eat the foods you LOVE
- Keep you and your baby safe, emotionally and physically
- Let family members help with chores and more
- Let your family, school and employer know you chose to breastfeed and why
- Find an enjoyable physical activity
- Prepare for going back to work or school—check with your insurance to see if they provide a pump.
- Safe sleep



Vegetable Group

2 ½ cups, 5 servings or more
(fresh, frozen or canned*)
**low sodium*

- Carrots
- Sweet potatoes
- Pumpkin
- Spinach
- Cooked greens (such as kale, collards, turnip greens, and beet greens)
- Winter squash
- Tomatoes and tomato sauces
- Red sweet peppers



Grains Group

6 ounces, 6 servings or more

- Fortified ready-to-eat cereals
- Fortified cooked cereals (oatmeal, cream of wheat)
- Whole grain bread, rice, tortillas and whole grain pasta



Dairy Group

3 cups, 3 servings

- Fat-free or low-fat yogurt
- Fat-free milk (skim milk)
- Low-fat milk (1% milk)
- Calcium-fortified soymilk (soy beverage)



Fruit Group

1 ½ cups, 3 servings or more
(fresh, frozen, canned*, or dried)
**no added sugar*

- Cantaloupe
- Honeydew melon
- Mangoes
- Prunes
- Bananas
- Apricots
- Oranges
- Red or pink grapefruit
- 100% prune juice or orange juice



Protein Foods Group

5 ½ ounces

- Beans and peas (such as pinto beans, soybeans, white beans, lentils, kidney beans, and chickpeas)
- Nuts and seeds (sunflower seeds, almonds, hazelnuts, pine nuts, peanuts, and peanut butter)
- Lean beef, lamb, and pork
- Oysters, mussels, and crab
- Salmon, trout, herring, sardines, and pollock
- Eggs



NOTE:

Do not eat shark, swordfish, king mackerel, or tilefish when you are breastfeeding. They contain high levels of mercury. Limit white (albacore) tuna to no more than 6 ounces per week. Consult with your obstetrician (OB) or WIC Nutritionist about food safety during breastfeeding.